

Sports Rehabilitation

Managed the Right Way



Expert rehabilitation designed for performance, recovery, and long-term athlete health.

With experience working alongside Brighton Women's Football Club players, I understand the demands of elite sport and the importance of structured, evidence-based rehabilitation.

OUR REHABILITATION APPROACH

-  **Individualised injury assessment**
-  **Progressive, phased return-to-play plans**
-  **Strength, mobility, and sport-specific conditioning**
-  **Load management and injury prevention strategies**

Who It's For

Footballers and team sport athletes
Competitive and recreational players
Athletes returning from injury
Professional standards. Individual care. Stronger returns.

**Get in touch today to see how
we can help you**

info@physiotherapyonthegreen.co.uk